

# **Stromness Gym & Health Suite Sessions**

**22 April - 5 July 2025**

## **Monday**

0630 - 0800 **Gym Only** (Active Life Members)

**0800 - 1200**

1200 - 1400 **Gym Only** (Active Life Members)

**1700 - 2030 (1900-2030 16yrs+ ONLY)**

## **Tuesday**

**1700 - 1930**

## **Wednesday**

**0730 - 1300**

**1700 - 2030**

## **Thursday**

**1700- 2015**

## **Friday**

**0730 - 1300**

**1700 - 1930**

## **Saturday**

0630 - 0900 **Gym Only** (Active Life Members)

**0900 - 1300**

## **Sunday**

**1400 - 1700**

## **Gym Guidelines**

- All users must have completed a gym induction at an OIC gym or at The Pickaquoy Centre or sign a waiver if regularly using another gym
- 14-15 year olds may attend the gym if they have completed an induction at OIC or The Pickaquoy Centre and are accompanied by a responsible adult over the age of 18 years who has also received a gym induction.
- Please wipe down equipment after you have used it.
- Bring your own water bottle.
- Wear suitable clothing and footwear for exercising.
- Be respectful of other gym users.

## **Pool & Health Suite Guidelines**

- All Children aged under 8 years must be accompanied in the water by an adult (Ratio 1 adult : 2 under 8's).
- Please remember to stay hydrated and safe within the health suite.
- **Lane Swimming** – Pool is split into lanes and swimmers are asked to follow one direction. Children aged 13 years or over may attend lane swimming unaccompanied if they are a competent lane swimmer.
- **Health Suite Family Session** – During these sessions over 8's can use the Health Suite with an accompanying adult at a ratio of 1 adult : 2 children. Available Saturday and Sundays.
- **Wellness Session** – A session for more gentle exercise and swimming for those with mobility issues or those in recovery from injury.
- **Public Swimming** – Open to all.
- **Fun Session** - Stepping stones, inflatable boats or toys and floats available

# **Stromness Gym & Health Suite Sessions**

**6 July - 18 August 2025**

## **Monday**

0630 - 0800 **Gym Only** (Active Life Members)

**0800 - 1200**

1200 - 1400 **Gym Only** (Active Life Members)

**1700 - 2030 (1900-2030 16yrs+ ONLY)**

## **Tuesday**

**1700 - 1930**

## **Wednesday**

**0730 - 1300**

**1700 - 2030**

## **Thursday**

**1700- 2030**

## **Friday**

**0730 - 1300**

**1700 - 1930**

## **Saturday**

0630 - 0900 **Gym Only** (Active Life Members)

**0900 - 1300**

## **Sunday**

**1400 - 1700**

## **Gym Guidelines**

- All users must have completed a gym induction at an OIC gym or at The Pickaquoy Centre or sign a waiver if regularly using another gym
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- **Wellness Session** – A session for more gentle exercise and swimming for those with mobility issues or those in recovery from injury.
- **Public Swimming** – Open to all.
- **Fun Session** - Stepping stones, inflatable boats or toys and floats available

# **Stromness Swimming Pool Timetable 22 April - 5 July 2025**

## **Monday**

0630 - 0800 Swim Club

**0800 - 0945 Lane Swimming**

**0945 - 1100 Wellness Session**

**1100 - 1200 Parents & Toddlers/Learn to Swim**

1730 - 2000 Swim Club

## **Tuesday**

**1700 - 1830 Public Swimming (Cancelled 29/04)**

**1830 - 1930 Lane Swimming**

## **Wednesday**

**0730 - 0945 Lane Swimming (30/4 2 lanes until 8am)**

**0945 - 1100 Wellness Session**

**1100 - 1200 Parents & Toddlers/Learn to Swim**

**1200 - 1300 Lane Swimming**

1630 - 2030 Swim Club

## **Thursday**

1330 - 1410 School Swimming

**1545 - 1730 Learn to Swim**

**1730 - 1830 Public Swimming (Cancelled 01/05)**

**1830 - 1930 Lane Swimming**

**1940 - 2015 Adult Swimming Lessons**

## **Friday**

**0730 - 0945 Lane Swimming (02/05 2 lanes until 8am)**

**0945 - 1100 Wellness Session**

**1100 - 1200 Parents & Toddlers**

**1200 - 1300 Lane Swimming**

1600 - 1730 Swim Club

**1730 - 1830 Public Swimming/Fun Session**

**1830 - 1930 Lane Swimming**

## **Saturday**

0630 - 0830 Swim Club

**0900 - 1200 Learn to Swim**

**1200 - 1300 Public Swimming + 2 Lanes**

## **Sunday**

**1400 - 1600 Fun Session**

1600 - 1700 Swim Club Masters

Sessions in **bold** are available to the public.

Learn To Swim Lessons require booking and placement on a waiting list - Please contact reception on:

01856 850552 or [stromness.pool@glow.orkneyschools.org.uk](mailto:stromness.pool@glow.orkneyschools.org.uk)

# **Stromness Swimming Pool Timetable 6 July - 18 August 2025**

## **Monday**

0630 - 0800 Swim Club (07.07.25 ONLY)

**0800 - 0945 Lane Swimming**

**0945 - 1100 Wellness Session**

**1100 - 1200 Parents & Toddlers (half pool)**

**1100 - 1200 Fun Session (half pool shallow & deep)**

1550 - 1700 Learn to swim week (28.07- 01..08 only)

**1730 - 1830 Lane Swimming**

**1830 - 1930 Public Swimming**

## **Tuesday**

1550 - 1700 Learn to swim week (28.07- 01..08 only)

**1700 - 1830 Public Swimming/Fun Session**

**1830 - 1930 Lane Swimming**

## **Wednesday**

**0730 - 0945 Lane Swimming**

**0945 - 1100 Wellness Session**

**1100 - 1200 Public Swimming/Fun Session**

**1200 - 1300 Lane Swimming**

1550 - 1700 Learn to swim week (28.07- 01..08 only)

**1700 - 1800 Public Swimming/Fun Session**

**1800 - 2000 Lane Swimming**

## **Thursday**

1550 - 1700 Learn to swim week (28.07- 01..08 only)

**1700 - 1830 Public Swimming/Fun Session**

**1830 - 1930 Lane Swimming**

## **Friday**

**0730 - 0945 Lane Swimming**

**0945 - 1100 Wellness Session**

**1100 - 1200 Parents & Toddlers (half pool)**

**1100 - 1200 Fun Session (half pool shallow & deep)**

**1200 - 1300 Lane Swimming**

1550 - 1700 Learn to swim week (28.07- 01..08 only)

**1730 - 1830 Public Swimming/Fun Session**

**1830 - 1930 Lane Swimming**

## **Saturday**

0630 - 0830 Swim Club (05.07.25 ONLY)

**0830 - 1000 Lane Swimming**

**1000 - 1200 Fun Session**

**1200 - 1300 Public Swimming**

## **Sunday**

**1400 - 1600 Fun Session**

**1600 - 1700 Lane Swimming**

Sessions in **bold** are available to the public.

Learn To Swim Lessons require booking and placement on a waiting list - Please contact reception on:

01856 850552 or [stromness.pool@glow.orkneyschools.org.uk](mailto:stromness.pool@glow.orkneyschools.org.uk)